

## Term 4 Sport - Training Schedule - Weeks 2-3 only - commences Monday 13 October, 2025 - *October 9 version*



**Selection Trials for AFL, Cricket and Volleyball will commence in Week 4, Term 4 from Monday 27th October. There will be an updated schedule for Weeks 4-9 available by the Thursday of Week 3 - confirming Football Firsts and Development starting Week 4.**

MORNING	Time	Monday	Tuesday	Wednesday	Thursday	Friday
Little Langlands – Chadwick Park	6:30-8:00am	ZONE CRICKET	ZONE CRICKET	ZONE CRICKET	CRICKET DEVELOPMENT SQUAD	* TOUCH (Year 7): 7:00-8:00am
Langlands Park Memorial Pool	6:45-7:45am	SWIMMING from Week 3 - Compulsory Squad Session (6:30-7:45AM)	SWIMMING - WEEK 2 TIME TRIAL		SWIMMING - WEEK 2 TIME TRIAL	
Villa Pool	3:30-4:30pm			*SWIMMING GREEN SQUAD from Week 3 (*AT VILLA POOL) (7-8AM)		
S&C - Villa Gym	7:00-8:00am	Rugby Union Andrew Slack Squad (Years 11-12: 6:30-8am)	Staff S&C session (6:15-7am) & CRICKET FIRSTS & DEV SQUADS (7-8am)	Football Firsts Squad/Rugby Union Andrew Slack Squad (Year 10: 6:30-8am)	Rugby Union Ben Mowen Squad (Years 8-9)	Rugby Union Andrew Slack Squad (Years 11-12: 6:30-8am)
Whinstanes Oval	7:00-8:00am			Italian Training Course (Year 8): email Ms Dichiera if interested	Years 5-8 Speed & Agility (Paid Programme: starts Wk 2 - info on The Locker Room)	* TOUCH (Years 5 and 6): 7:00-8:00am
AFTERNOON	Time	Monday	Tuesday	Wednesday	Thursday	Friday
Coorparoo AFL	3:30-5:00pm	AFL FIRSTS SQUAD		AFL FIRSTS SQUAD		
Easts Rugby Union	3:30-5:00pm				Rugby Union Andrew Slack Squad Squad	
Goold Hall	4:45-6:30pm		VOLLEYBALL FIRSTS SQUAD		VOLLEYBALL FIRSTS SQUAD	
Little Langlands – Chadwick Park	3:15-4:45pm	* TOUCH (Years 10 and 11): 3:15-4:15pm		CRICKET FIRSTS SQUAD	Rugby Union Ben Mowen Squad Squad	
Villa Park	3:45-5:15pm	CRICKET FIRSTS SQUAD	Football Firsts & Development Squads (likely commencement from Week 4)			
Villa Pool	3:30-4:30pm			WATER POLO (FINISHES WEEK 3)		
Whinstanes Oval	3:30-5:00pm	* TOUCH (Years 8 and 9): 3:15-4:15pm	Years 5-6 Superkick (Paid Programme: starts Wk 3: info distributed Wk 2 Tuesday of Term 4)			
S&C - Villa Gym	3:15-4:30pm	Rugby Union Ben Mowen Squad (Years 8-9)	AFL FIRSTS (3:15-4:00) & VOLLEYBALL FIRSTS SQUADS (4:00-4:45)	Rugby Union Andrew Slack Squad (Years 11-12: 3:15-4:45pm)	AFL FIRSTS & SWIMMING	Rugby Union Andrew Slack Squad (Year 10)

### SPORTS:

IN-SEASON SPORT (to take priority unless revised training plan devised with relevant coach/es and Sports Coordinator)

\* TOUCH (based off Term 3 Registrations: Weeks 2-3 of Term 4, only)

\* WATER POLO (based off Term 3 Registrations: Weeks 2-3 of Term 4, only)

\* AFL

\* CRICKET

\* SWIMMING

\* VOLLEYBALL

\* Football

\* Rugby Union

\* User pays program

### TRAINING VENUES:

Private transport of students to the venue. After before-school training, students are supervised to arrive at school at:

*Langlands Park Memorial Pool - 5 Panitya St, Stones Corner*

One-way bus transport is available: from the training venue before school or to the training venue after school. Parents are to drop students at the venue before school and pick up students after training at:

*Coorparoo AFL - Birubi St, Coorparoo*

*Easts Rugby Union - Halifax St, Norman Park*

*Villa Park - 957 Manly Rd, Tingalpa*